

What would you choose?

1. School involvement
 - A. Drama
 - B. Athletics
 - C. Academics
 - D. Intramurals
 - E. Clubs
2. Community Involvement
 - A. Volunteering
 - B. Community clean-up
 - C. Help in schools
 - D. Community plays
3. Family Commitments
 - A. Time together
 - B. Jobs
 - C. Church
 - D. Vacations



Healthy Decisions

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Healthy Decisions



*What works
best for me?*

*For more information on
where to get help please
call Summit Middle School*

Tel: 970-668-5037

What being drug free means to me!!!



Being Drug Free means that I won't abuse or use substances that could hurt me or that could lead me to hurt others. My body and mind are gifts. I want to keep those gifts my whole life. I don't need to abuse substances. Many times people think that using drugs or alcohol won't hurt them. They are wrong. A person high on drugs can kill herself or himself and even others. The leading cause of death in teens is alcohol related accidents. I know I don't want to become a statistic. My decision is to be drug free.

Healthy Choices I Make

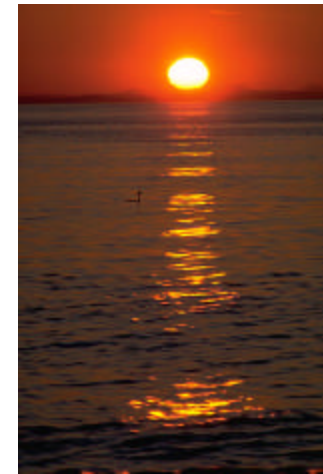
- I eat healthy meals and snacks most of the time.
- I don't use drugs.
- I don't smoke tobacco.
- I have a good group of friends.
- I am involved in school activities.
- I enjoy spending time with my family.
- I wear a helmet biking.
- I buckle my seat belt.
- I don't drink and drive.

Good Choices Help Keep Me Safe and Healthy



Who can I go to for help?

- Parents
- School Counselor
- Friend
- Doctor
- Minister
- Nurse
- Support groups



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